



O U R B A L A N C E W I T H I N

YOGA CLUB

Monday
afternoons at
Stanmore



Our Balance Within
Yoga Club
helps students achieve:

Awareness
Self-Regulation
Focus
Strength
Confidence
Improved Posture
Reduced Stress...
and lots more



**-Available for Kindy
to Year 6**

-All fitness levels

-40 minute sessions

-Monday afternoons

-After school with friends

-\$15 per week prepaid by term

**Participation
Awards
Pose Charts
Inspirational Cards
Affirmations
Breathing Techniques...**
and more

To register please visit
ourbalancewithin.com.au/join/

info@ourbalancewithin.com.au
ourbalancewithin.com.au